

Student Reporter

Canvassing for a Political Campaign!



Sean Kim

Grade 11
Los Alamitos High SchoolSupporting Jay Chen's congressional campaign was a fantastic experience for high school interns!
[Source: Author, Sean Kim]

This year, I had the privilege to intern for Jay Chen, a candidate for congress in California's 45th Congressional District. Since middle school, I have always been interested in law, public speaking, and politics. When my high school advertised the internship, I started preparing for an interview right away. I hoped to gain real-world experience on how a political campaign was organized and what the youth - who can't vote - could do to influence elections.

I started my internship in September, two months before the Congressional Election on November 8th. This was my first intern-

ship, and I did not expect to do any serious work. In books and movies, interns were always portrayed doing menial tasks like getting coffee or taking notes at meetings.

Thankfully, I realized right away that this was not the case at all. On my first day of interning, I learned about the importance of voter contact and the many ways for candidates to gain supporters. Interns were responsible for increasing votes through door-to-door canvassing and contacting residents of the 45th district through an online phone bank. I had never canvassed before, either in-person or online, so I was

excited to gain new experiences and perspectives about politics.

Canvassing proved to be quite tough. Equipped with a binder, clipboard, and posters, I walked through my neighborhood, knocking on doors and ringing doorbells. After my first two-hour shift, I was exhausted. Only approximately thirty percent of people answered their doors, and about half of those were interested in the election. While it was not physically draining, online proved to be just as mentally challenging. Ringing number after number and leaving voicemail after voicemail was arguably worse than in-person canvassing.

However, while canvassing was difficult, communicating with those who did answer and were interested was a valuable occurrence. People would ask me questions on policy; some prioritized healthcare, new tax laws, or other specifics they wanted in a congressman. As I met these people, I felt the importance of voter contact and the

essence of politics as a whole.

Overall, interning for Jay Chen was a fantastic experience! During my time as an intern, I gained the real-world experience I had hoped for and realized the youth could be an important asset for politicians during election season. Canvassing in-person and online forced me to gain social skills and challenged me to leave my comfort zone. By listening to the different questions, people showed me the many values that citizens find important when choosing a leader.

All in all, I learned that, while political figures seemed so distant, exhausting work has to be done at the base level, directly with the citizens. I think this closeness between our leaders and citizens creates a sense of unity within our communities and assures a more or less equal representation of the wishes of the people. I hope to intern again next year, whether that be for a politician or not, and gain more knowledge on what keeps our world running.

Student Reporter

Welcome to Candy Workshop!



Seanna Kim

Grade 11
Granada Hills Charter High School

Every year, Church Everyday holds a special Fall Festival on Halloween night, where all of the church's youth ministries can come and participate in a variety of games to win candy, as well as engage in worship with their fellow peers. This year's theme was Candy Workshop, and while it was an incredibly enjoyable event for students, volunteers, and teachers, there was also an extensive amount of preparatory effort that goes into making this event successful every year.

Starting at the end of September, church volunteers in every ministry department, including teachers and teacher's assistants, gather to prepare for the upcoming festival. This involves digitally designing posters, drawing game signs, painting decorations, and building all kinds of booths and games from scratch for students to enjoy. Some of the most successful booths throughout the history of fall festivals were the cotton candy booth,

Hundreds of students, parents, teachers, and volunteers filled the large ministry room of Church Everyday for the annual Candy Workshop.
[Source: Author, Seanna Kim]

face painting station, and bounce house. Every Sunday, volunteers stayed at the church in order to make sure that all the booths were completely ready for the kids. Students were also allowed to participate in the preparations by painting and decorating designated areas in the church. It was an incredibly rewarding experience for students to work with their Sunday School teachers in preparing for their own festival because they were able to see the product of their efforts on Halloween night.

and win their well-earned candy. There were definitely sugar rushes from the overload of candy.

The most gratifying experience as a volunteer at Candy Workshop was seeing so many students bustling excitedly through each game and food booth with all of their unique costumes. It reminded me of how much I cherished Fall Festivals when I was in elementary school, always eager to attend church on that special night. Church Everyday holds this event because we find that youth ministries actually love this kind of once-a-year celebration. Students enjoy coming to church to see their friends and teachers on a night when they can be outside trick-or-treating, and parents appreciate it as well. Every year, it is such an experience to see volunteers' hard work admired by students, and it is worth all of the weeks of planning and preparation to see the joy on peoples' faces.

Student Reporter

What Running Has Taught Me



Jonathan Kim

Grade 11
Culver City High School

"Last 200! Push it!" Teeth gritting, sweat dripping, arms pumping, I made the sharp turn around the corner, hearing around me the trampling of footsteps. With a sea of runners behind me, I put my head down and rushed to the finish — left foot, then right foot — with the last bit of energy remaining in me. I looked down at my watch: 18:26. My new personal record for 3 miles.

I first picked up cross country while in the 6th grade. Looking back, I can't quite remember why my 6th-grade self had chosen to run this sport — a sport that, even today, I sometimes struggle to wrap my head around. Why choose to run — arguably one of the most physically and mentally demanding acts known to mankind — for fun? But now, 5 years later, I'm glad that cross country was the sport I set my heart on.

I run because I want to challenge

myself. I run to feel a part of a community. I run to bond with friends and family. And while I am not an elite runner by any means, I believe that having gained this appreciation for running over the years has helped me to become a better runner, although the journey to this point has not been easy.

In the middle of this past summer, while training for the upcoming season, I suffered a foot injury which set me back more than a month. With this setback came obvious frustrations after having trained over the past months, and also worries that I could potentially miss the season altogether. However, the same diligence that I had put into my training I applied to my recovery. Using the recommended methods to heal as fast as possible from my injury, I was healthy for the start of the season.

While getting injured is never an ideal circumstance, I still believe

Culver City's Varsity and Junior Varsity cross-country teams get ready before the start of their race.
[Source: Culver City Cross Country]

that there is much that I gained from enduring this process. Recovering from an injury not only taught me to prioritize taking care of my physical health but also made me realize that no goal, especially running, has a linear path to success. Despite the injury, the fact that I had personally improved my 3-mile time by more than 2 minutes from last year showed me that goals can be achieved, even without perfection.

And as I sat down in our usual group with my fellow teammates

at our team's end-of-year banquet, I realized why I was thankful for this sport. It was because of the opportunity to bond with friends and teammates. I was thankful for the shared sense of accomplishment that we felt after every hard workout and race, but especially after this night, with some of us soon to receive awards for our hard work. Even despite the nagging pain and injuries that might still be lingering from the season, it was all simply part of the natural process of running to improve as a team. And for that, I am thankful.

Student Reporter



Theo Lim
Grade 9
Crescenta Valley High School

The Consequences of Late Night Snacks



The choice is yours whether you want snacks of hot chips and candies, or yogurt and nuts.
[Source: Author, Theo Lim]

When you are bored and hungry, it is hard to resist the desire to eat something, especially late at night. And it always seems that high-calorie instant food seems to be the most tempting. The next morning, you regret it as you experience a stomach ache and other annoying consequences resulting from the decision the night before.

While having a quick meal before sleeping sounds harmless, it is best to avoid doing so. It is suggested that any food should be consumed at least three hours before going to sleep. If the organ systems are still working to digest the food while sleeping, it can dramatically lower the quality of your sleep and affect you the day after. The reason for that is that the digestive system

and the metabolic system have to respond to sudden changes in the routine.

From snacking late at night, I have faced multiple problems. It was too late to have a proper meal, so the choices I made for my snacks were foods that were easy to prepare. The hot chips, sodas, and instant noodles I had really made my stomach upset the next morning. I could not focus on class due to my stomach ache, and I tired easily during physical education since the foods were not nutritious. Since then, in the moments when I am craving for snacks, I remind myself of those days and keep myself away from eating late at night.

If nighttime hunger is too hard to ignore, there are some solutions. In some cases, brushing your teeth can temporarily sup-

press your appetite, making your mouth feel refreshed. Another solution is eating healthy snacks that are easy to find. Fruits, nuts, greek yogurt, eggs, a glass of milk... there are plenty of healthy options that can be easily found in most refrigerators. While these might not fulfill the cravings for spicy, salty, and sweet junk foods, at least they are more beneficial and can save you from hunger.

Some people suggest that having a meal right before sleeping can actually be helpful. If the right nutrients are in the snacks, they can boost generating or healing cells during the night. Since some even face the challenge of going to sleep when they are hungry, small amounts of food can help. Remember, choosing the right meal at the right time can be the best option you can go for when you are having a hard time going to sleep.

Student Reporter



Harmonia Kim
Grade 12
New Covenant Academy

Adolescent Acne

Just like the anthers rising as a flower blooms, pimples rise as we reach our blooming age of puberty. And just as an anther creates and releases pollen, pimples create and release much more—oil, bacteria, oozing pus, and other things you don't want to imagine.

13, the age that marks the first year of being a teenager, brings a new world. One starts finding a new group of friends, joining social media, going shopping without adults, and everything dreamt of during childhood. But with these perks, bodily changes are inevitable. As one enters puberty, the body starts to grow, even the face. And sometimes, the face gets the worst of it—burning skin, volcanic pimples, annoying zits, things you didn't even know could exist on your skin.

But don't fret—acne is normal,



Experimenting with various products is a way to figure out what kind of treatment is best for your acne.
[Source: Author, Harmonia Kim]

and the majority of all people get it during puberty. It may make you feel insecure when you notice impurities you've never had before, but acne is a journey we all learn to accept, grow, and work with as we become older. Also, acne isn't permanent and disappears over time—from a bright perspective, acne can be a symbol of growth and getting closer to adulthood.

Something to remember is that acne is not something you suffer from or have to deal with—it's something you work hand in hand with to heal and replenish your skin. The first step in working with your acne is identifying what type you have and at what level. Going to a dermatologist is the best way to get professional medical help and get real advice on identifying and treating, as it is safe and prevents risky acne treatment practices at home.

However, not many people have access to dermatologists, and there is a lot of support for a replacement. For example, there are official scientific research-supported websites and articles on the internet, along with images to help you identify your specific condition. For example, WebMD has an Acne Visual Dictionary that can help aid and show what you may

be experiencing.

The next step after identifying your acne is to find the best way to treat it according to your needs. Everyone's acne is different, so not everyone will need the same treatment. A big mistake many people make is using treatments that work for other people, typically harsh ingredients and medications, that might actually ruin their skin. So, it is key to do significant research and figure out what would be best for you.

Remember, your skin is your body's biggest organ. It knows how to repair itself, and if you just give it the right amount of support, it will thank you! Be gentle and treat your skin with the right ingredients, healthy daily habits, and a positive mindset. And to the new teens who just spotted their first pimple, don't panic! It'll go away with the right care.

Editors Column



Claudia Shin
Grade 11
Granada Hills Charter High School

Picking the Right Pair of Headphones

As an avid music listener, headphones have been an item that I have been wanting to purchase for some time. With the upcoming holiday season and many deals discounting the price of headphones that can normally go for hundreds of dollars, I decided that now was the time that I would look into buying a pair. There are multiple qualities that were deciding factors for me: price, sound quality, noise canceling, look/style, and comfort. Many of my friends had also recently purchased headphones, which they allowed me to try so I could have a general idea of what I was looking for. For my purposes, I wanted a pair that were less than \$250, did not have complete noise canceling, and went with most of the outfits that I wear. From the beginning, I was considering the Sony WH-1000XM4, Bose Quiet Comfort, and Marshall Major IV because these were all pairs that I had tried on before. The Sony and Bose headphones

are relatively comparable, with the Marshalls being the odd one out in both price and style.

Noise-canceling was a big factor in my decision on which of the three headphones to purchase. As somebody who walks around a lot and does not like the feeling of noise-canceling headphones, I knew that I needed to buy a pair that had adjustable noise canceling or none at all. The Bose and Sony headphones offer adjustable noise canceling, while the Marshall ones do not have 100% noise canceling. Because of this feature, I was already leaning toward the Marshall headphones.

Along with noise canceling, the Marshall headphones were at a much better price point, at \$150 (lower when on sale), compared to the over \$200 Sony and Bose headphones. The cheaper price point meant sacrificing features like noise canceling, but since that didn't matter to me, I was happy to

go with the Marshalls.

In addition to the price point and lack of noise canceling on the Marshall headphones, the look that they have is my favorite. The Marshall headphones are modeled to look more vintage and have a faux leather band with rectangular amp-looking speakers. Personally, these headphones went along with my personal style more than the other two and had a brown color which I really enjoyed. Because of the design, color options, price point, and noise canceling, I decided to purchase the Marshall Major IV headphones.

After having tested the Marshall Major IVs for about a week, I can say that they are well worth the \$150. The audio on the headphones includes a strong bass, and the headphones are incredibly comfortable. The Marshalls do not come with a case, but they can be folded in to be very small, mak-



Marshall Major IV headphones were my favorite out of those I was looking at, and totally fit my style.
[Source: Author, Claudia Shin]

ing them convenient to carry in a bag. Overall, I highly recommend the Marshall Major IVs for anyone searching for non-noise canceling headphones.